

The Use of the Functional Movement Screen™ in Preventing Injuries in Amateur Rugby Players: A Longitudinal Prospective Study

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Study Protocol

Recruiting all participants was the first step in the study process. Next, their consent was obtained. The conditions were then met to launch the study, which is shown below (Figure 2). At the start of the 2024/2025 season (October 2024), an initial assessment of the FMSTM was carried out. First, information about the player was collected using the following data:

- First and last name: future pseudonymization in the results document;
- Age, height, and weight;
- Usual position played on the rugby field;
- Socio-professional category/occupation;
- Recent previous injuries;
- Player's personal contact details in order to communicate about the follow-up of injuries sustained (email or phone number).

The participant then performed the FMSTM under the investigator's supervision. The test is described below. At the end of the first assessment, the participant was eligible to take part in the 2024/2025 season. Throughout this competitive season, regular monthly contact was established between the investigator and the player in order to communicate about any injuries sustained by the player. The aim was to verify the consistency of the information held by the player and the investigator.